

I Feel Like a Good Mom!

Ashton: An Arkansas Mom's Story

“When I got pregnant, I decided I would try breastfeeding. I was still unsure, but I knew I would try it. I remember hearing my mom talk about breastfeeding years ago. One of my friends said she would never do it because it was weird! But, another friend had breastfed her baby for a long time. She said she knew it was healthier.

My mom said it was okay for me to breastfeed, but she wanted to make sure that I knew I was the only one who could feed the baby. It actually made me feel good to know I was the one my baby wanted. Even when she was first born she only wanted me. Only I could do that for her!

At the health department they encouraged me to breastfeed from the very first time I went in for WIC. The hospital nurses helped me to breastfeed after my baby was born. I learned how to hold her using different positions for breastfeeding. They gave me formula to take home, but I didn't need it. My milk came in just fine.

My family wanted me to pump my milk or switch to formula so they could help. But, those weren't the same to me. Breastfeeding made me feel more close to her than anything. I loved connecting with her in that way. I did get tired, but it was worth it to me to keep breastfeeding.

Right after my baby was born she became sick. She had to be in the hospital for 7 days. They told me to pump my milk for her. As soon as she was well enough, she went right back to breastfeeding. That is the only time she has been sick and she is 21 months old now.

I was a junior in high school and the Home Bound teacher helped me with my lessons. It was hard staying up at night to take care of my baby, so being able to be at home with my teacher was helpful.

I was not embarrassed to breastfeed in public. I just put a little blanket over my baby. You don't have to have special clothes if you have a little blanket for a cover-up.

I tell my friends that it is a good decision to breastfeed. There are no worries about what kind of formula to use. Breastmilk is all natural from your body and it's healthy.



Ashton and Anna-Marie, 21 months of age

I love that my baby is very smart. She knows how to do a lot of things that other kids her age don't. She is already learning her numbers. My boyfriend works with her on that. She can already recognize the numbers one, two, and three.

When my baby breastfed, she would look up and smile at me. That was a happy time for me. I did it all by myself! I would do it all over again! Next time I might even breastfeed longer.”

